

NYC Department of Education  
Community School District 26 & Community Education Council 26

A Spring Virtual Parent Workshop Series

# YOGA

*With Irene Failenbogen*



*Increase your balance, strength, and flexibility.  
Learn challenging poses as we breathe our way to relaxation.  
Parents with all levels of experience are welcome!*

Mondays in May  
**May 3<sup>rd</sup>, 10<sup>th</sup>, 17<sup>th</sup>, and 24<sup>th</sup>**  
7:00 PM to 8:30 PM on Zoom

<https://us02web.zoom.us/meeting/register/tZMpdeivqTwtG9AG7nK6jUC7xh6al4gyNknj>

**Meeting ID: 874 2177 7714 Passcode: 699178 Dial in: 1-646-558-8656 US**

To register and for more information please contact the District 26 Family Coordinators:  
Kim D'Angelo at 718.631.6905 or [kdangelo4@schools.nyc.gov](mailto:kdangelo4@schools.nyc.gov)  
Wendy Mo at 718.631.6966 or [wmo@schools.nyc.gov](mailto:wmo@schools.nyc.gov)

To find out about other District 26 events visit the *Family Engagement* page at [www.district26.org](http://www.district26.org).